

Approved FFY2010 Arizona WIC/ITCA/Navajo Nation Final Food List Selections
Effective with Arizona WIC and ITCA WIC October 1, 2009

*In accordance with FNS, USDA WIC Regulations § 246.10/7 CFR Part 246 Interim Rule

New Foods	
Food	Rule
Fruits and Vegetables	<p>With the exclusion of white potatoes, any variety of fresh fruits and vegetables is allowed.</p> <p>Whole or cut fresh fruits and vegetables are allowed.</p> <p>Bagged vegetables, including lettuce are allowed.</p> <p>White potatoes; herbs and spices; edible blossoms such as squash blossoms; creamed or sauced vegetables; vegetable-grain mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; salad kits; nuts; ornamental fruits and vegetables, such as chilies on a string; painted pumpkins; fruit baskets and party trays; and items such as blueberry muffins are not allowed.</p> <p>Canned substitutions are allowed for clients that are homeless, have poor refrigeration, or limited cooking facilities. Any variety of fruit (including apple sauce); packed in juice or water; without added sugars, fats, oils, or salt (i.e. sodium). Any variety of vegetables (except white potatoes); without added sugars, fats, or oils; may be regular or lower in sodium are allowed.</p>
Whole Wheat Bread, Rolls, and Buns	<p>Up to 1 lb. (16 oz.) 100% whole wheat bread, loaves, buns, or rolls are allowed.</p> <p>Must list whole wheat as the first ingredient and be labeled with a Standard of Identity name.</p>
Brown Rice	<p>Up to 1 lb. (16 oz.) long grain or short grain brown rice is allowed. Jasmine and basmati brown rice is allowed.</p> <p>Instant brown rice is not allowed.</p>
Soft Corn Tortillas	Up to 1 lb. (16 oz.) soft corn plain, yellow, or white tortillas is allowed.
Tofu	Up to 16 oz. water-packed any texture calcium-set tofu without added fats, sugar, oils, or sodium is allowed.
Soy Milk	32 oz. shelf stable Pacific Natural Foods Ultra Soy, plain and vanilla.

New Foods	
Food	Rule
Canned Salmon/Fish	<p>Up to 30 oz. (6 oz. and 14.75 oz. cans) plain pink salmon, no added ingredients.</p> <p><i>ITCA WIC and Navajo Nation WIC only – Sardines: 3.75 oz cans</i> <i>Any type except Brisling and Norwegian Brisling</i></p>
Baby Food	<p>Stage two, 3.5 oz or 4 oz. infant fruits and vegetables; single ingredient or combination of allowed single ingredients without added salt, sugar or starches are allowed.</p> <p>Any stage, 2.5 oz single ingredient infant meats with added broth or gravy are allowed. (Added salt and/or sugars are not allowed.)</p> <p>2 lb. substitution of fresh bananas may replace 16 oz. of infant jarred fruits and vegetables.</p> <p>Organic jarred infant foods are not allowed.</p> <p>Desserts, dinners, and food combinations are not allowed.</p> <p><i>(Any stage, 4.5 oz single ingredient diced fruit or vegetable without added salt, sugar or starches are allowed – ITCA Only for IEN's)</i></p>

Continued

Current Foods			
Food	Keep	New	Remove/ Change
Milk	<p>Fluid whole, reduced fat, low fat, skim or fat free cow's milk in gallon containers are allowed.</p> <p>Half gallon and quart containers of milk will be allowed only under special circumstances.</p> <p>Lactose free milks are allowed.</p> <p>Milk in the following identities are allowed: canned evaporated whole or skim milk; dry whole, non-fat or low fat milk; and calcium fortified milk.</p> <p>UHT milk is allowed for clients that are homeless or have poor refrigeration.</p> <p>Flavored milks are not allowed.</p> <p>Organic, raw, goat's, evaporated filled milk, buttermilk, acidophilus, sweetened condensed milk and half and half are not allowed.</p>	None	None
Cheese	<p>Domestic cheese in blocks are allowed in the following varieties:</p> <p>Cheddar (includes longhorn)</p> <p>Colby (includes longhorn)</p> <p>Monterey Jack</p> <p>Mozzarella (includes string)</p>	16 oz.	<p>Omit 10 oz. minimum</p> <p>Omit Longhorn Colby</p>

Current Foods			
Food	Keep	New	Remove/ Change
	<p>Blended Cheese, including Colby Jack</p> <p>Shredded, cubed, random weight and deli counter cheeses are not allowed.</p> <p>Cheese with added flavors or ingredients such as, wine, peppers, onions or pepperoni is not allowed.</p> <p>Cheese food, cheese products, cheese spreads, and imitation cheeses are not allowed.</p>		
Eggs	<p>Small, Medium or Large white chicken eggs are allowed. Extra large, jumbo, brown eggs, and egg substitutes are not allowed.</p> <p>Specialty eggs, including low cholesterol, DHA, organic, free range, cage free, nest and fertile eggs are not allowed.</p> <p>Eggs shall be packaged in cartons of a dozen.</p>	None	None
Dry Beans	<p>The package size must be 16 ounces or larger.</p> <p>Any type or variety of dried, plain mature beans, peas or lentils is allowed.</p> <p>Canned mature beans and baked beans without added fat, oil, sugar (except baked beans) or meat are allowed for clients that are homeless, have poor refrigeration or limited cooking facilities.</p>	None	None

Current Foods

Food	Keep	New	Remove/ Change
	<p>Flavored, seasoned or gourmet beans and bean soup mixes are not allowed.</p> <p>Immature varieties of legumes such as green beans, snap beans, yellow beans, and wax beans are not allowed.</p>		
Peanut Butter	<p>The container size must be 16 to 18 ounces.</p> <p>Plain, smooth, or chunky types of peanut butter are allowed.</p> <p>Peanut butter with added ingredients such as jelly, marshmallow, chocolate, or honey is not allowed. Peanut butter spreads and organic peanut butters are not allowed.</p>	None	None
Cereal	<p>The package size shall not be smaller than 12 ounces for cold cereals and 11.8 ounces for hot cereals.</p> <p>The authorized cereals must include: at least three types of grains (i.e. corn, rice, wheat, oat)</p> <p>At least half of the cereals on the food list must have whole grain as the primary ingredient by weight and meet the labeling requirements for making a health claim as a “whole grain food with moderate fat content”.</p> <p>Whole grain cereal will include the following varieties at a minimum: Cheerios, Life, frosted wheat squares, and</p>	<p>25 Authorized cereals will include the following brands:</p> <ul style="list-style-type: none"> • Quaker Life* • Quaker Oatmeal Squares* • Quaker Oatmeal Squares Cinnamon* • General Mills Total* • General Mills Kix • General Mills Cheerios – Plain* • General Mills Cheerios – Multigrain* • General Mills Rice Chex • General Mills Corn Chex 	Post Bran Flakes

Current Foods

Food	Keep	New	Remove/ Change
	<p>Oatmeal.</p> <p>at least two hot cereals</p> <p>one high fiber (≥ 4 gm dietary fiber per ounce) cold cereal</p> <p>one cereal that is fortified with 100% of the RDA for vitamins and minerals</p> <p>three cereals containing low levels of phenylalanine.</p>	<ul style="list-style-type: none"> • General Mills Wheat Chex* • Kellogg's Corn Flakes • Kellogg's Special K • Kellogg's All Bran Wheat Flakes* • Kellogg's Frosted Mini Wheats (Bite Size)* • Kelloggs Rice Krispies • Malt O' Meal Frosted Mini Spooners* • Malt O' Meal Crispy Rice • Post Banana Nut Crunch* • Post Honey Bunches of Oats Honey Roasted • Post Honey Bunches of Oats Almond • Post Honey Bunches of Oats Vanilla* • Post Grape Nuts* • Cream of Wheat Instant Original Flavor Hot Cereal • Malt O' Meal Original Hot Cereal • Quaker Instant Oatmeal Regular Flavor* <p>*Indicates meets whole grain requirements (14 of 25)</p>	

Current Foods

Food	Keep	New	Remove/ Change
Infant Cereal	<p>Only single grain cereals in 8 or 16 oz boxes are allowed.</p> <p>Organic cereals, high protein cereals and mixed cereals are not allowed.</p> <p>Cereals with added fruit, sugar, yogurt, formula or DHA/ARA are not allowed. Cereals in jars, cans or variety boxes are not allowed.</p>	None	None
Juice	<p>Juice may be single strength or frozen concentrate.</p> <p>Individual servings of juice are allowed only for clients that are homeless or have poor refrigeration.</p> <p>Fresh and non-frozen concentrate juices are not allowed.</p> <p><i>ITCA and Navajo Nation WIC only - 5.5 - 6 oz containers of Dole Pineapple, Donald Duck Orange and V-8 Juice (any type) 8 oz containers of Sunglo (any flavor)</i></p>	<p>Any brand prominently displaying the words "100% Juice" and "120% Vitamin C" (or more if applicable for the product) on the containers front label.</p> <p>100% orange juice is not required to have the vitamin C labeling.</p> <p>Shelf-stable and refrigerated will be 64 oz. container size and include apple, orange, grape, grapefruit, pineapple, and tomato.</p> <p>Frozen concentrate will be 11.5-12 oz. size and include apple, orange, grape, grapefruit, pineapple, and blended flavors.</p>	<p>Omit brands</p> <p>Remove 46 oz. shelf stable container</p>

Current Foods

Food	Keep	New	Remove/ Change
Canned Tuna	<p>Chunk light water packed tuna is allowed.</p> <p>Packaging size must be 5 or 6 oz.</p> <p>Oil packed tuna; solid white or albacore tuna and lunch kit tuna mix are not allowed.</p> <p>Flavored or seasoned canned fish is not allowed</p> <p>Pouches are not allowed.</p>	None	None